



Cheesy Roasted Cauliflower

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black
- 8 cups cauliflower florets
- 1.5 cups triple cheddar cheese shredded kraft finely
- 0.3 cup knudsen cream sour
- 0.3 juice of lemon
- 2 Tbsp olive oil
- 1 onion red cut into 1/4-inch-thick slices

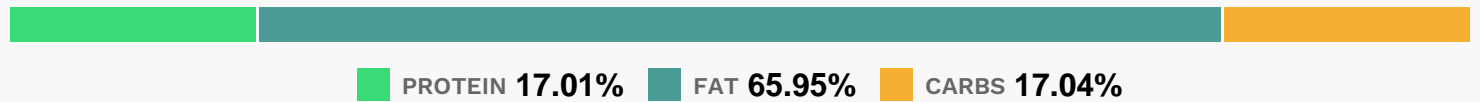
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 450F.
- Combine first 5 ingredients; spread onto foil-covered rimmed baking sheet.
- Bake 40 min., stirring after 20 min.
- Add sour cream to vegetable mixture; mix well. Top with cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:10.209565261136%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 162.48kcal (8.12%), Fat: 12.4g (19.07%), Saturated Fat: 5.41g (33.84%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 4.96g (1.8%), Sugar: 2.83g (3.15%), Cholesterol: 25.43mg (8.48%), Sodium: 171.44mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.39%), Vitamin C: 49.65mg (60.18%), Calcium: 182.59mg (18.26%), Vitamin K: 18.38µg (17.51%), Folate: 64.69µg (16.17%), Phosphorus: 150.66mg (15.07%), Vitamin B6: 0.22mg (10.93%), Vitamin B2: 0.17mg (9.97%), Selenium: 6.93µg (9.91%), Potassium: 346.2mg (9.89%), Manganese: 0.18mg (9.19%), Fiber: 2.25g (9.01%), Vitamin B5: 0.8mg (7.98%), Zinc: 1.1mg (7.31%), Magnesium: 22.98mg (5.74%), Vitamin E: 0.77mg (5.17%), Vitamin A: 257.75IU (5.16%), Vitamin B1: 0.06mg (4.28%), Vitamin B12: 0.24µg (3.99%), Iron: 0.51mg (2.86%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.68%)